Welcome to my Lifestyle Bytes where I share with you tips for a wholesome life. For fuller details visit [www.adewaleadenijicoaching.com](http://www.adewaleadenijicoaching.com). You will not regret it.

TODAY, I WANT TO TALK TO YOU ABOUT A BEHAVIOUR TO AVOID. ABUSE.

Abuse is the misuse of anything. Abuse of anything, even good things, turns negative.

A good thing becomes bad when abused. E.g. eating is required for life to continue - for growth and nutrients. However, abusing eating leads to health complications and may accelerate death.

So, imagine if what you are abusing are negative things, like smoking. The effects will be even worse.

How To Deal With Abuse:

Begin a regime of self-discipline and self-denial. Identify what triggers that bingeing sessions.

List out the potential side-effects of what you abuse and place it where you will find it every time.

Learn to do things in moderation.

To do this, create new neural pathways for your brain to follow against what triggers this abuse.

Benefits:

You free yourself from the slavery of abuse and addiction.

You will become whole - spirit, soul and body.

Keep winning the battle of life. We love you. Bye for now!